University of Lethbridge

Student Success
CENTRE

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Reading to Comprehend and Learn: SQ3R

STEP	HOW	WHY
1. Survey	• Spend 3-5 minutes introducing yourself to the information in the chapter • Briefly skim over the chapter summaries, learning objectives, headings and text aids	• Helps you see the "big picture" • Organizes the main ideas • Builds interest and motivation
2. Question	• Use the headings and subheadings to formulate questions about the information provided in the chapter	• Helps improve concentration • Promotes active learning • Invites you to think about the information in the chapter • Encourages critical thinking
3. Read	• Begin with the section that interests you most • Focus on the purpose of the chapter, the methods and the relationships between concepts • Vary your reading speed depending on the difficulty of the material • Read aloud if the material is really challenging	• Builds a more complete understanding of the material presented
4. Recite	• Summarize the important points in your own words • Use a note-taking strategy to record the relationships between concepts • Recite the information aloud	• Increases retention • Summarizes the information • Provides a memory aid and a study tool
5. Review	• Review actively – do not simply reread the information • Make mind maps of the information • Test yourself and say the answers out loud • Review weekly and before class	• Increases learning potential • Helps you commit the material to memory